

# Foreign summer schools; Greece and Italy focus

This summer the Greek/Italian Summer School, one of several summer study abroad programs, will trace the roots of our Western civilization from their beginnings in Greece and Rome to the Renaissance in Italy. The summer school is six weeks in length, followed by

three weeks, with students free to plan their own travel in Europe.

The group will depart from New York on May 24th and after a brief stop in Paris will spend a week and a half in Florence, with excursions to Siena and the Medieval town of San Gimignano.

Study of the Christian and classical background to the High Renaissance will be continued in Rome. The summer school will travel by train to Pompeii, then on to Brindisi to catch the boat for Greece.

The remaining three weeks will be spent in Greece, with Athens being the home base and excursions planned to Corinth, Mycenae, Crete, Delphi, Olympia and Delos.

Roy Schantz of UNC-G and Adele Groulx of Guilford College will teach parallel courses in history and art. The courses will cover the development and interaction of politics, religion, philosophy and art in the Greek and Roman worlds

and their influence on the Italian Renaissance.

Guilford offers eight hours credit for the two courses.

The cost will be around \$1450, depending on the value of the dollar. This covers roundtrip flight from New York and all travel, hotels, meals (2 per day), and program, including guides, admission fees, excursions and faculty leadership during the six weeks of formal study.

Expenses during free time and the three weeks of individual travel are the responsibility of each student, except for the last night when everyone meets back in Paris before returning to the U.S. when the hotel, breakfast and bus to the airport are provided.

To find out more about this exciting summer experience, drop by the Gallery Room on Thursday, February 15th at 4:00 for discussion, slide viewing and refreshments.



Snowball fights and wrestling matches were the order of the day as activity slowed down in the classroom and picked up outside. Photo by Jeff Dale

## Dream examinations planned

By ALANNA TIRKOT

Sigmund Freud believes that "the interpretation of dreams is the royal road to knowledge of the unconscious activities of the mind."

Dreams have always been important to Jane Godard Caris, resident psychologist for Guilford College's, Center for Personal Growth. When Ms. Caris attended a dream workshop coordinated by Stanley Krippner, the idea of her own workshop evolved. Currently her dream workshop meets every Monday, from 3:30 to 5:30.

"The acting, directing, setting, writing, characters, and props are all a product of the dreamer. With all this material out of one's self, the dream is bound to be fascinating and useful in everyday life," commented Caris.

Since dreams take up a large portion of sleep, (20%-25%), becoming aware of dreams is like becoming conscious of an important part of one's life.

The purpose of the dream workshop is to teach the individual to make life more exciting through discovering the meaning behind his dreams.

The occurrence of dreams during the rapid eye movement (REM), stage in sleep, is largely electrochemical. The dreamer builds his plot around physiological events.

There are many theories about dreams. Freud theorized "the purpose of a dream is the (disguised) fulfillment of a (repressed) wish," which may explain the fact that dreams act as an anxiety release.

Anxiety results in subjects deprived of REM sleep. Control

subjects deprived of an equal amount of non-REM sleep do not experience anxiety.

Werner Wolff, Ph.D., believes dreams are a release from conflict and pain. The ultimate source of a dream may be traced to problems, conflicts, tensions, conditions, or events. A dream will sometimes solve a conflict, make a decision, or produce creative ideas relevant to waking life.

Jane Caris says interpreting dreams helps one to be more aware of his or her unconscious feelings and to clarify conscious motives.

The meaning of a dream is often symbolic. Freud believed this distortion is necessary as a form of censorship. It prevents the generation of anxiety or distress at a time when the dreamer cannot cope with his unconscious feelings.

Caris' dream workshop is designed to improve the participant's recollection and understanding of dreams. Dream activities such as staging, switching roles, or concentrating on one aspect of the dream (i.e. sounds, images, body feelings or emotions), all help one to remember details.

The purpose of the workshop is to look into the dream for the four Dream Maker Processes; role, expression, feeling, and clarity, which in turn may 'click' the dream's meaning into consciousness.

Other ways for one to remember dreams and details are:

1. Set an alarm clock half an hour earlier than the normal wake up time.
2. Instead of waking to a jarring alarm, have a light set to turn on.
3. Keep a pad and pencil next to the bed and write down feelings and dreams when awakened in the morning.
4. Talk about dreams with others.
5. Set light or alarm to go off four and half hours after you have fallen asleep. On waking, write down everything remembered.

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The Guilfordian's weekly deadline is midnight on Fridays. All articles should be submitted typed, double spaced. Editors reserve the right to edit all copy.

Editorials are the opinion of the writer and do not necessarily reflect the views of the staff.

### Ecology corner

## Enjoyment found in woods

By RICHARD FULTON

"Sanity is a madness put to good use" - George Satayana. Last night, with the music banging around downstairs and the folks doing about the same, I prepared to slide out the backdoor with my big green nylon stuffsack. As the music faded, I slung my bag awkwardly over my shoulder and tried to remember the last time I took off to the Guilford woods with a sleeping bag and tent.



Memories of my first semester here, on Milner 3rd North, flashed back to me and brought a smile to my windblown face. As many as three times a week, I would head off to the woods with my buddy, Billy.

"Nature freaks going to listen to and play with the birds," became a predictable comment from Danny, who had lived in the same room for four years. "They may having something to say, ya never know, we'd call out." They thought we were crazy, but the feeling was mutual. I assure you.

Our equipment, besides a sleeping bag and a form of shelter, included a small candle lantern, matches, groundcloth or insolite pad, and perhaps a book and writing pad. Our usual destiny was the pine forest to the left of the lake, but the possibilities were unlimited.

Down a previously untraveled, moonlit path I came to a nice spot, next to a creek, where I stomped out my sleeping quarters. If properly prepared, snow camping can be, by far, the most comfortable situation for sleeping. The pegs easily slid through the snow and sank into the ground, and my tent was up before my hands froze off.

The scene was perfect: silence, snow speckled earth and long, dark, peaceful moonshadows stretching across my wool knickers.

If you think that I am suggesting you take a stomp off into the next full-moonlit night, to get away from our complex, "civilized" lifestyle, then you are absolutely right.

**Positions are now open on the Guilfordian staff. Layout people, typists, and reporters are especially needed. Interested? Come by Room 236 Binford, or call 855-5440.**